



Year 9 PE Curriculum Plan

	Key concept/ Key question	Overview of the unit	Assessment	Cross Curricular Skills	Suggested reading material and websites:
Term 1					
Autumn 1	Paper 1 Physical Training	Students will learn: The relationship between health and fitness The definitions of the components of fitness and linking these to sports and physical activity. Students will learn how to measure each fitness test and demonstrate how to collect and interpret the data gathered.	Students will be assessed by the following three areas for paper 1: AO1: Demonstrate knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport. AO2: Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport. AO3: Analyse and evaluate the factors that underpin performance and	Literacy: Learning and identifying key terminology. Written skills when answering long mark questions. Being able to link in sporting examples to all answers Numeracy: Use of data. Being able to demonstrate an understanding of how data are collected – both qualitative and Quantitative. By presenting and interpreting data through the following methods: Bar charts, tables, line graphs and pie charts.	AQA – Physical Education (third edition) http://www.aqa.org.uk/subjects/physical-education/gcse/physical-education-8582/teaching-resources
Autumn 2	Physical Training	Students will learn and apply the principles of training The different types of training and advantages and disadvantages of these			https://www.bbc.com/education/subjects/znyb4wx

	Practical	Students will develop their skills learnt previously in Netball and Trampolining. Dividing the sports into 2 parts (skills and context)	<p>involvement in physical activity and sport.</p> <p>At the end of each topic students will sit an end of topic test</p> <p>AO4: Demonstrate and apply relevant skills and techniques in physical activity and sport. Analyse and evaluate performance. Students will be assessed at the end of each sport. Being graded out of a maximum of 25 marks.</p>		
<p>Term 2</p> <p>Spring 1</p>	<p>Paper 2</p> <p>Health, fitness and well-being</p>	<p>Students will learn:</p> <p>What physical, emotional and social health and well-being are and how exercise can suit the varying needs of different people</p> <p>The consequences of a sedentary lifestyle.</p> <p>Definitions of the 3 body types (Somatotypes)</p> <p>Energy use and the differences for males and females.</p>	<p>Students will be assessed by the following three areas for paper 1:</p> <p>AO1: Demonstrate knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport.</p> <p>AO2: Apply knowledge and understanding of the factors that underpin</p>	<p>Literacy:</p> <p>Learning and identifying key terminology. Written skills when answering long mark questions. Being able to link in sporting examples and justifying the reasons behind these. Verbal communication when discussing answer, analysing and discussing a variety of topics.</p> <p>Numeracy:</p>	



Term 3					
Summer 1	Paper 2 Socio-cultural influences	Students will learn: The different social groups and factors affecting engagement in participation The commercialisation of physical activity and sport The impact of technology on physical activity and sport	Students will be assessed by the following three areas for paper 1: AO1: Demonstrate knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport. AO2: Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport. AO3: Analyse and evaluate the factors that underpin performance and involvement in physical activity and sport.	Literacy: Learning and identifying key terminology. Written skills when answering long mark questions. Being able to link in sporting examples and justifying the reasons behind these. Verbal communication when discussing answer, analysing and discussing a variety of topics.	
Summer 2	Socio-cultural influences	Ethical and social-cultural issues in physical activity Ethical conduct by performers Spectator behaviour and strategies employed to combat hooliganism.	At the end of each topic students will sit an end of topic test	Numeracy: Use of data. Being able to Demonstrate an understanding of how data are collected – both qualitative and Quantitative. By presenting and interpreting data through the following methods: Bar charts, tables, line graphs and pie charts.	
	Non exam assessment	Practical performance in physical activity and sport	AO4: Demonstrate and apply relevant skills and techniques in physical	ICT: Students will use ICT to plan and design their coursework.	



	<p>Practical</p>	<p>Students will be required to write a piece of coursework about one of their sports – evaluating and analysing their performance and areas for development.</p> <p>Students will develop their skills learnt previously in athletics. Dividing the sports into 2 parts (skills and context)</p>	<p>activity and sport. Analyse and evaluate performance. Students will be assessed at the end of each sport. Being graded out of a maximum of 25 marks.</p> <p>AO4: Demonstrate and apply relevant skills and techniques in physical activity and sport. Analyse and evaluate performance. Students will be assessed at the end of each sport. Being graded out of a maximum of 25 marks.</p>		
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